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What elements of parenting are associated with better wellbeing for emerging adults who have experienced adversity?

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Prepared for HFCC2020

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Adverse Childhood Experiences (ACEs)

- Felitti et al. 1998

Child maltreatment

- Physical abuse
- Emotional abuse
- Sexual abuse
- Material neglect
- Emotional neglect

Household dysfunction

- Parents separated/divorced
- Domestic violence
- Mental health condition
- Substance use problem
- Incarceration


- Individual and cumulative impacts across the lifetime

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Emerging adulthood

- Age 18 – 25 years
- Entering the adult world
- Need positive life skills
- Functioning may be affected by adversity



BUT not everyone with adversity has poor functioning
AND not everyone with poor functioning has experienced adversity


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Parenting

We know parenting can...

- Be improved through interventions
- Help adolescents after adversity



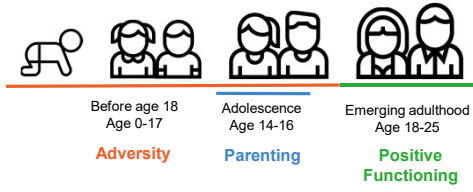
We are yet to explore how emerging adults' outcomes are linked to parenting & adversity

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What we did

- Cross-sectional, quantitative survey of emerging adults



Before age 18
Age 0-17
Adversity

Adolescence
Age 14-16
Parenting

Emerging adulthood
Age 18-25
Positive Functioning

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Who were the respondents?

298 emerging adults, 18-25 years

Gender

- Male 23%
- Female 77%

Ethnicity

- Other 48%
- Australian 52%

Recruitment

- Community 36%
- University 64%

University

- No 49%
- Yes 51%

Father

- No 43%
- Yes 57%

Employed

- No 29%
- Yes 72%

Mother

- No 15%
- Yes 85%

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What we measured: **Adversity, age 0-18**

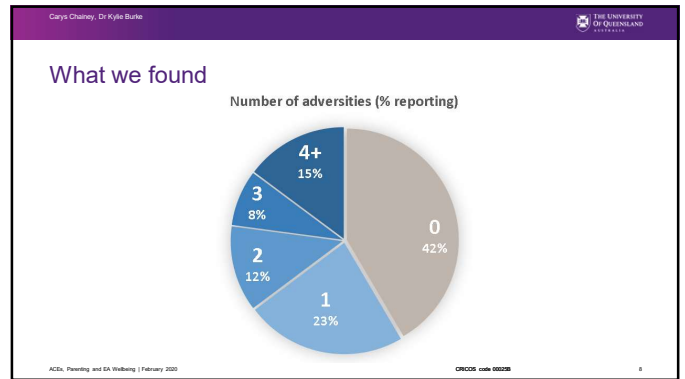
- Adverse Childhood Experiences Questionnaire (Felitti, et. al, 1998)
- Score 0 to 10 = how many types of adversity experienced

Childhood maltreatment

- Physical abuse
- Emotional abuse
- Sexual abuse
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Household dysfunction

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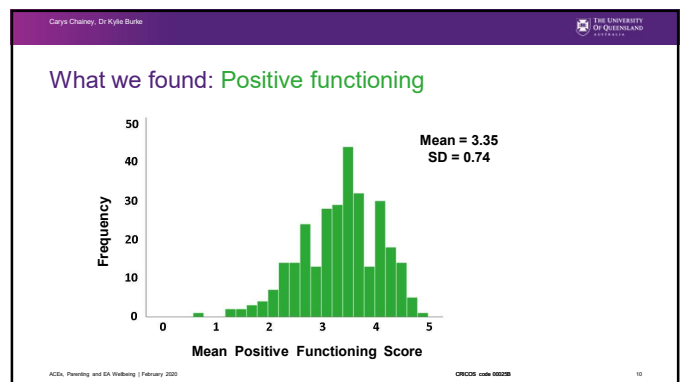


What we measured: **Positive functioning, past 4 weeks**

- Adolescent Functioning Scale (Dittman et. al, 2016)

Positive Functioning

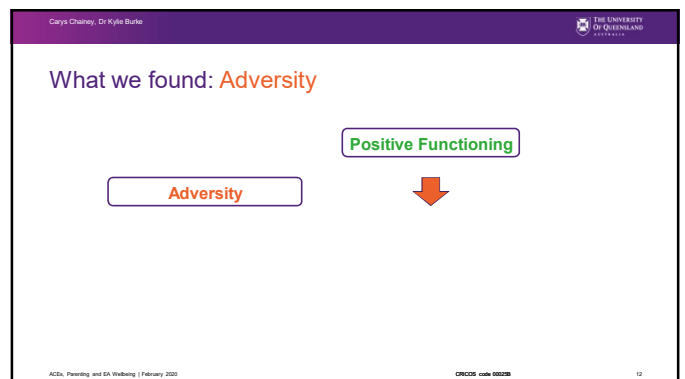
- Goal setting
- Independence
- Foresight
- Perseverance
- Community involvement
- Communicating thoughts & feelings



What we did


- Hierarchical multiple regression
- Controlled for demographics

EA Age	Mother Education
EA Gender	Father Education
EA Ethnicity	Mother Employment
Mother Age	Father Employment
Father Age	



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What we measured: Parenting, age 14-16



Parenting from main caregiver ("parent")

- 86% mother, 12% father, 3% other

Measures

- Parent-Adolescent Relationship Scale (Burke et al., 2019)
- Parent-Adolescent Monitoring Scale (Burke & Dittman, 2019)
- S-EMBU – My Memories of Upbringing (Arrindell et al, 1999)
- Alabama Parenting Questionnaire (Frick, 1991)

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What we measured: Parenting, age 14-16

Connectedness Encouragement Affection Open communication	Supportive Monitoring Talked about plans Discussed how to manage difficult situations	Overprotection Strictness Controlling behaviour Used negative emotions
Hostility Criticism Conflict Strong negative emotions	Intrusive Monitoring Searched bag, room, internet history, diary Enquired with others	Inconsistent Discipline Reneged on punishments Threatened without action Mood-dependent discipline

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What we found: Parenting, age 14-16

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What we found: Adversity and parenting


Adversity	↓	Positive Functioning	$\beta = -0.14, p = .034$
Connectedness	↑		$\beta = 0.20, p = .017$
Supportive Monitoring	↑		$\beta = 0.33, p < .001$

20.3%

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What this means: Helping emerging adults



- Emerging adults who experienced adversity or ineffective parenting may need more support
- When helping emerging adults with poor functioning, may be beneficial to take adversity and parenting into account

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What this means: Helping families

If we can help adolescents to experience...

- Supportive monitoring
- A connected parent-adolescent relationship

→ May help them function well in emerging adulthood, even after adversity




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Next steps



- Adolescents and emerging adults
- Longitudinal data (LSAC)
- Aiming to find targets for interventions to help young people to function well after adversity

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Thank you

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